The Celebration of Christmas show, with choirs directed by Music Associate Professor Diana Malan and dance routines choreographed by Dance Assistant Professor Janie Ross, was held last week. Photos, top from left: Mason McCloud, Sulma Caballero, Torey Miller, and others sing and dance; flute player Martin Miles; Lance Weinhardt portrays the grinch; Kloee Shipp and Valerie Smith are featured singers from the choir; and Loren Gruber, as Santa Claus, is joined by Natalie Cotto-Garcia and elves Tessa Belcher and Taylor Witcher.
GPA for sports play should be higher

Allison Student
DELTA COMMENTARY

Here at Missouri Valley, the required grade point average (GPA) to be eligible in sports is a 2.0. Should Valley require their STUDENT athletes to have a higher GPA to participate?

Being a college athlete can be hard, having to stay on top of your school work and your game at the same time. The only plus to maintaining a 2.0, is there is not so much pressure and stress to keep your grades high during the season. And for the coach’s sake, more people can participate.

However, I see many more negatives than positives in having to maintain only a 2.0. Some people may hold lower standards for themselves in the future, just because of this low standard that started in college. An academic standard of just a 2.0 may mean a decrease in class attendance, providing no incentive for the student to better themselves in the classroom. These athletes may think that athletics are more important than academics, but in reality, the academics is what is going to get them their diploma and the athletics is something that passes their time, here at Valley.

Holding a higher academic standard for participation in sports has positives. It will allow the athlete to push themselves to excel in the classroom, as well as on the field/court. Starting with just the responsibility of a higher standard for GPA’s, it will start a trend for athletes to hold higher standards for themselves in the future.

I think that the academic standards should be higher for college athletes because it will not only teach more responsibility, but also encourage higher standards for themselves in the future. I think that maybe just a change of .5 would better a college athlete, and challenge them to be better or just to outsmart themselves. I think a +.5 would take the athlete out of their comfort zone and allow them to know just how smart they can be.

Some teams at Valley hold a higher academic standard just for the team, and some have consequences for the athletes not maintaining the required GPA. For example, the women’s volleyball team requires a 3.0 just to keep their grades up with their busy traveling schedule, and if any athlete falls below the team requirement, study hall hours will be given. The football team abides by the 2.0 requirement, but if an athlete falls below that, they are also given study hall hours. Along with the football team, women’s soccer requires a 2.0 to play. However in the off-season, if they fall below the required GPA, study hall hours are then given to the individual.

As coaches, I think they should bump up the requirement, maybe just a couple of points, just to see how smart their players really are. It should have a positive outcome, that if they can apply themselves a little more in the classroom, just imagine how much more they can apply themselves on the field or court.

Book provides clues for performance

Tony Barrow
DELTA BOOK REVIEW

“The Three Laws of Performance” was a book recommended by my aunt who, in fact, shares the same tastes in books as I do.

I was a little worried that it would be too much for me to handle and that I would not be able to grasp the information conveyed by the two authors Steve Zaffron and Dave Logan. But I was in luck.

The knowledge I got from this book was unbelievable. Not only does it help you for the future, but once you finish it, you can instantly put the information you obtained to work.

“The Three Laws of Performance,” for which the book gets its title, are an essential aspects to organization for the reader as well as for group organizational skills.

I would consider this book not to be a “self-help” book but instead a practical book that is very well-written. I like the fact that big business and corporate offices can not only do good with profits but also in all aspects of corporate work. The examples are in the book, however, it would not be wise to spoil it for the potential readers.

Another thing I got from this book is about learning how to not get stuck in one spot but rather to dodge and go around obstacles.

The point is to be innovative, plan, and organize your future so that you can avoid becoming held up in society and so that you can prosper. Zaffron and Logan provide many good examples and stories about attaining good performance.

“The Three Laws of Performance” and other good books that could make for interesting holiday break reading can be obtained through Murrell Memorial Library.

Happy Holidays from the Delta!
Alumni return to Valley as coaches

Head Softball Coach Daniel Allen. (Photo by Allison Student)

Head Baseball Coach Bill Browlett. (Photo by Allison Student)

Assistant Basketball Coach Ramone Powell. (Photo by Allison Student)

Three previous students and athletes return to Valley this school year, but this time as coaches.

Daniel Allen, head softball coach, Bill Browlett, head baseball coach, and Ramone Powell, assistant men's basketball coach, have returned to Valley in hopes to excel to new heights with these athletic programs.

Coach Allen was the assistant softball coach last year, and was hired as head coach when the previous coach left Valley.

Allen is from Perry, Oklahoma. Allen attended the University of Central Oklahoma in 1997 and played for Valley from 1998-2001 and received All-American honors while playing here at Valley.

Coach Allen was also drafted by the Baltimore Orioles in the 1996 Major League Baseball draft. He graduated from Valley with a degree in Marketing and Economics and got his master's degree from Lindenwood University.

Allen has coached softball for about three years, but has also coached baseball. His goals for the 2011 season are to stay competitive in the conference and to be successful on and off the field.

Coach Browlett enters his first year as head baseball coach for the Vikings.

Browlett has been coaching baseball for about 32 years and found out about the open position from Athletic Director, Tom Fifer, a close friend through the years.

Coach Browlett is from Raytown, Missouri. He attended Missouri Valley and received a degree in Health and Physical Education, and he received a master's degree from Central Missouri State University and also from Western Illinois University.

Browlett played at Valley for four years at outfield and first base. He played for one year for the semi-pro team in Olathe, Kansas.

He coached two years for the minor league team, Rivercity Rascals in O'Fallon, Missouri as the hitting coach, and one year in Florence, Kansas as the pitching coach.

However, as head coach of the Vikings, his goals for the upcoming season are to increase the competition level, and to develop competitiveness with the athletes.

Ramone Powell, the most recent graduate of Valley, has already started his first season as assistant basketball coach. His goal for this season is to build strong relationships with the players.

A native from Fort Worth, Texas graduated from Valley with a degree in physical education. Along with Valley, he attended Brookhaven Community College where he also played for two years. He received his master's degree from Lindenwood University.

His achievements include, First Team All-Region at Brookhaven in 2003, and First Team All-Conference and Third Team All-American in 2005 while at Valley.

All three of these coaches have been part of the Viking family for years. This time instead of returning as student-athletes, they return to help improve their athletic programs.

Christmas show airs during holiday break

The Celebration of Christmas music show, which was held last week at Eckilson-Mabee Theatre, will be aired on local Marshall public access channel 3 every Tuesday at 6 p.m. and Thursday at 8 p.m. through January 4.

The show was filmed by the students of Stan Silvey’s Mass Communication TV Production class.

Services held for Doug Jolliff

Funeral services for Howard “Doug” Jolliff, a member of the MVC Maintenance Department, were held Dec. 2 in Marshall, with William W. Harlan officiating. He was 50.

Mr. Jolliff died Nov. 25 at Research Hospital in Kansas City. Born Feb. 12, 1960 in North Kansas City, Mo., he was the son of the late Howard E. Jolliff and Margie Lou McDaniel Jolliff, who survives in Marshall.

On Dec. 18, 1999, he married Cortney Halsey, who survives in Marshall. He resided in Marshall his entire life. He worked for Marshall Cable Company, Terry’s Towing, owned and operated Xtreme Detail and was presently working for Missouri Valley College.

In addition to his wife and mother, he is survived by four children, Justin Jolliff and wife Heidi, Bobby Jolliff and companion Tracey, Codey Jolliff and companion Freedom; and Morgan Jolliff, all of Marshall; three grandchildren, two sisters, and several nieces, nephews, aunts, uncles, and cousins.

Burial was in Ridge Park Cemetery in Marshall.
Alum works as language specialist in Navy

Samuel Njuguna
SPECIAL TO THE DELTA

(This is a special report for the Delta from alum Samuel Njuguna, a Missouri Valley College graduate of 2008 and former Delta staff writer, now serving in the U.S. Navy in San Diego.)

It was in May of this year that I left Missouri Valley College to begin a new journey into a world I never thought I would be a part of.

Apart from learning about the United States military in the news media or seeing prospective service men and women through MVC’s ROTC program, the reality of becoming one hit me when I started boot camp in Great Lakes, Ill.

After hearing about Military Accessions Vital to National Interest (MAVNI), a pilot program looking for foreigners with certain language proficiencies, I decided to apply and pursue a career in the military as a linguist.

The program was initiated about two years ago by the Department of Defense.

Even with a college degree, it was a requirement to go through boot camp, to learn the basic fundamentals of the Navy and military in general.

Boot camp was not easy or extremely hard. Each day had its ups and downs. After two months of physical training and mental challenges, I officially became a U.S. Navy sailor.

It was on my last week as a recruit that I was sworn in as a U.S. citizen with four other members of MAVNI. One of them was Salam Omar, a former student at MVC. It was a dream come true and a life-changing moment for me and my fellow sailors. We can now pursue the American Dream without having to worry about our immigration statuses, something that was common before the naturalization ceremony.

I am currently stationed at the Naval Amphibious Base (NAB) in Coronado, a few miles outside of downtown San Diego. The NAB base is only for Special Warfare Forces and their support units.

I am in a program called Cultural Engagement Troop (C.E.T.). Our job is to be Language and Regional Experts (LRE) and our mission entails deploying abroad with a unit of Special Warfare Forces. There are 24 LREs from seven different countries in Asia, Africa, and Europe. Each one of us is diligently serving the country and hoping to make the new program a success, and to lay a good foundation for future MAVNI applicants. The fact that speaking multiple languages is critical to a program like MAVNI, I strongly believe it’s beneficial for Americans to want to learn other languages.

Speaking more than one language translates to more job opportunities and an avenue of enhancing our knowledge of people from different nationalities and cultural backgrounds.

Every job has its own challenges and mine is no exception. Even with some physical hurdles that I have to encounter, I find myself able to do things I would not have done if I had not challenged myself out of my comfort zone.

I look forward to serving in the military for the next few years before venturing into more education thanks to the GI Bill.

My ultimate goal is to study International Relations or Diplomacy and utilizing the skills I will be gaining from this job to work as a diplomat or in other capacity that fosters better relations between nations.

Depending on how the training goes, my unit will deploy late next year or early 2012. The schedule is tentative.

I am glad to be part of a trailblazing team that looks to build cultural and social bridges for the U.S. military and to reach out to other countries through humanitarian means. God bless America!
Senior retires after years of dedication

**Allison Student**  
DELTA STAFF WRITER

Most people dedicate their life to something they are interested in. For this athlete, she didn’t find volleyball, volleyball found her. And today, playing with passion is what makes Senior Ali Schrader so accomplished.

Schrader is an accomplished athlete, making 2nd Team All Conference her junior year of college, while being the second person making Player of the Week for the Women’s Volleyball team during this, her senior year. Playing in many games, she decided that playing against Lindenwood her junior year was the best game she has ever played in. “It was an all around good game for me and the team,” Schrader said.

Fourth grade is where she got her start playing recreational volleyball. It wasn’t until the 8th grade when it grabbed her interest. She said it all started when a friend wanted her to tryout with her for a club team, and in the end, Ali made the team, while her friend did not. “My 8th grade club coach was one of the most influential people to me, because he taught me everything”, Schrader said. “But my mom has also been a big influence to me, because she always pushed me hard to do my best.”

With many games and memories, the most memorable moment of her career was her sophomore year in high school playing against their rival team. This game was so vivid to Schrader, because she felt good being only five feet eleven inches, and having the most blocks against the opposing team’s six feet two inch middle hitter.

Schrader heard about Missouri Valley, because her high school volleyball coach attended here. So, she contacted the coach here, came to a tryout, got offered a scholarship, and in the Fall of 2007, she started her collegiate career. Receiving a red-shirt her sophomore year, due to shoulder surgery, marked the biggest downfall of her career. Downfalls aren’t the only obstacles that can make being a college athlete hard. “Being on top of your school work as much as your game is hard”, Schrader said. “We travel a lot and get back late. We have to even out school and volleyball into our schedules.”

Many athletes have secrets to why they are so successful. Schrader explained that having determination, being positive, and having supportive people around her are some of her secrets.

Volleyball has impacted this senior’s life in more than one way. It has taught her the responsibility to keep up with school work, and to keep a positive outlook on life. “It’s not all about winning, but it is about working hard toward a goal and pushing those around you along the way”, Schrader said. Thinking back if she could do anything different, working harder in high school to be a better player today was her only answer.

This being her last season, she’ll miss being on a stable team and the adrenaline rush she got before each game. Although Schrader will retire her number for Valley, she still plans to play volleyball for recreational fun and to stay active. A little advice she gives is “Don’t give up when you fail once, because those obstacles are only going to make you better in the long run.”

Other than volleyball, Schrader devotes her time to her family and friends. She just likes to kick back and have a good time.

When Schrader graduates in May with a Criminal Justice degree, she plans on applying to the police academy. Her goal is to work as an undercover agent for the FBI.

Although Schrader’s dedication to volleyball is almost finished, the memories and friendships she has made along the way will never end.

Travel, distance can impact plans

Students prepare for holiday break

**Arionne Hampton**  
DELTA STAFF WRITER

Christmas lights, good home cooking, time with family. These are all things students look forward to when the holidays roll around.

With Thanksgiving gone and Christmas awaiting, many students prepare to return home and enjoy their time off the best way they know how. For others, this is not such as easy task.

Many students don’t make it home for the holidays, but, of course, not by choice.

Foreign students don’t always make it because of the massive amount of funds needed to travel back and forth, country to country. U.S. students don’t always make it also because of the cost.

“Just because it’s in the country, doesn’t mean it’s cheap to get there,” said junior Jordan Nichols. “Flights throughout the country are pretty reasonably priced unless it’s last minute. That’s why I usually buy my ticket home at least a month in advance.”

Students who don’t go home often may visit close friends or stay right here in Marshall.

“I stayed here over the holiday,” said senior Leah Paige about Thanksgiving break. “My friends and I made a big Thanksgiving dinner, went shopping, and saw a movie.”

Now in preparation for Christmas, everyone is doing all they can to make it home to their loved ones. Finals end December 11 and Christmas break begins December 12.
Athletic trainer inspires, influences Valley athletes

Philosopher Confucius said, “Choose a job you love, and you will never have to work a day in your life.” For Jennifer McConnell, her passion for athletics led to the job she enjoys day-to-day.

McConnell was named the head athletic trainer at the end of the spring 2010 semester. In addition to being the athletic trainer, she is also an instructor in the Nursing and Health Services division.

Growing up in Pinckneyville, Ill., which is a small town in southern Illinois, McConnell’s biggest influence in her life was her mother, Debbie. “She is the strongest woman I know and I ask her advice on everything” McConnell said.

Being the oldest of her siblings, she was constantly making sure she set a good example for her younger brother, Thomas and her younger sister, Bethany.

“They were always watching and mimicking everything I did.” Like anyone who has younger brothers, and sisters, she was always thinking about how her actions would affect them. “If I made a bad decision, I felt I would not only be hurting myself, but my younger siblings as well.”

McConnell received her undergraduate degree from Millikin University in Decatur, Ill. She then went on to work on her master’s degree at the University of Florida in Gainesville, Fla.

Like many college students she wasn’t really sure what she wanted to major in while in college. Jumping from accounting, to counseling, then to psychology, but nothing really fit into what she really wanted to do.

“I was talking to my mom one day and she was just flipping through the catalogue of different majors and was like, you like sports, you like health care, why don’t you try that?” Jennifer then got into Introduction to Athletic Training class. “I loved it! I can’t imagine doing anything else,” McConnell said.

In the athletic training field, McConnell’s mentor was Trevor Bates. Bates was an athletic trainer and instructor at Millikin. When she has questions about athletic training, she said she talks to Bates.

McConnell didn’t play many sports in college, because of the high demand, and the consumption of time of athletic training. Like many athletes, it consumed her like a job. Being the outgoing and spontaneous person that she is, she wanted to do something that would allow her to be around people.

“People are my passion, whatever I can do to be around people, and I’ve always loved sports,” McConnell said. She didn’t really know anything about athletic training, but she like the health care field.

While Valley has a wide range of athletic sports, and activities, she wouldn’t mind seeing gymnastics come to the athletics department. Jennifer works women’s soccer in the fall, women’s basketball in the winter, and softball in the spring.

Athletes have huge amount of stress on them, whether it come from personal life issues, to a test that might be coming up, she is able to inspire her athletes, without yelling at her athletes.

“I’m not a yeller, anybody who knows me, knows I’m not a yeller,” McConnell said in regards to working with her athletes.
Smoke rises from the floor of the local juke joint. The first beads of perspiration begin to slowly roll from the brow. The blue, red, and yellow lights burn a night-long silhouette on the facade of the stage.

The emotion embarks on a soul sacrifice that only the blues genre dominates. Due to the protracted effort of "War and Peace" to scratch the surface, it may take the fervor of Roy Buchanan’s ear-splitting pinched harmonics or Stevie Ray Vaughan’s fingertip-ripping intensity could possibly compare with being baptized before St. Ambrose in Milan.

In the book "Where Men Win Glory," author Jon Krakauer gives amazing insight into Pat Tillman’s letters and personal points of view. For instance, Tillman states that the war was "illegal as hell," an honest revelation that I thought was awesome in showing his true feelings rather than tiptoeing around them.

I did not know that five weeks after Tillman’s death on April 22, 2004, after President George W. Bush used him as a source of inspiration, the military finally told his family that he was actually shot by a fellow U.S. soldier.

What is unfortunate about the book is that it is a simple "Dick and Jane" passage may be the only aggregate that is needed for a description about what it feels like to play the blues. Or, it may take the protracted effort of "War and Peace" to scratch the surface.

From each extreme toward the next, to be in the position of emotional solitary is a once in a lifetime opportunity, so that is what it feel like to play the blues.
It’s time to barrel race. I hear my name being announced. I am up next. My heart starts pounding rapidly.

Underneath me, 1,200 pounds of horseflesh tenses. I can feel my horse’s heart beating as fast as the wings of a hummingbird.

The previous rider has exited the arena. I gather my reins, body tight and controlled. I begin to guide my horse to the gate, but then I’m stopped.

A barrel was knocked over in the previous run. I relax for just seconds, waiting for the out-gate man to give me the signal to head down the alley.

The coast is clear. I nudge my horse’s side to alert him it is time. Our hearts beat together as one as we make our way down the alley. Reacting to the rigidity of my body, my horse feeds off my nervousness, half-rearing in anticipation for the release to run. The music swells and I kick my horse off we go. Shooting into the arena like a bat out of hell, I race to the first barrel.

I enter the arena into another world; no one exists but just me and my horse. One Mississippi, two Mississippi, three Mississippi, four Mississippi. I sit down cueing my horse to slow his movement and we slide around turn one. My adrenaline tank gets fueled as the crowd roars with excitement cheering me on.

Five Mississippi, six Mississippi, seven Mississippi. I hustle my mount to our next barrel and snake around the barrel like water flows around stones in a river.

Eight Mississippi, nine Mississippi, ten Mississippi. I head toward my final barrel. This barrel is do or die. I am clean so far and my horse slides around the barrel like a car sliding a corner on wet roads. The crowd goes wild. My heart is in my mouth with terror as we bump the barrel...seconds go by as slow as a turtle moves as the barrel pauses as if deciding to fall or not. IT’S UP! I look toward the out-gate.

I kick and whip, hard and fast. I urge my horse with all my might asking him to give me all he’s got. We run back across the finish line like there is no tomorrow, my horse and I, a speeding bullet crossing the timer line.

With the distance from the third barrel, the world zeroes in on me. The announcer pauses and I managed to get my running mount stopped. I wait; heart beating frantically, my breathing is labored as if I had been running and not my horse. Waiting for the announcer to put me out of my misery of where I placed. I exit my world, and come back to the reality of the real world.

“Folks, listen to this,” the announcer cries. The time is 15.210. “Your own Missouri Valley Viking cowgirl ends the long-go with a blazing time.”

I yell in excitement. I jump off my horse and grab my saddle in support. My legs are shaking so hard from the rush of kicking that I can’t stand on my own. The adrenaline of barrel racing leaves my body like a limp noodle. I am at peace.

While it seems odd, racing is an adrenaline rush like no other. I know I have done a great job and my horse performed like he should have after hundreds of hours of preparation.

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As the Wheel Turns...

Campus ministries effort strives to provide bikes for students who seek transportation

Steve, an 18-year-old freshman from London, England, arrives at his dorm in Marshall, Missouri. He has no family base in the United States, let alone the small town of Marshall. He is tired from traveling and unpacking his things, trying to set up his room just the way he likes it.

He is also starving and is having a craving for some McDonald’s fries and a McChicken sandwich, but he has no way of getting to the fast food restaurant. This is where a simple and affordable form of transportation would come in handy, and this is why the “Ezekiel’s Wheels” project came to be.

“Ezekiel’s Wheels” is a project through campus ministries aimed to provide bicycles for students who don’t have their own form of transportation. Missouri Valley College has more than 30 countries represented in the student body as well as 43 of the 50 states represented. Needless to say, there are many students without their own form of transportation.

This makes getting toiletries, food, and other needed items from Wal-mart, or grabbing a bite to eat at Mazzios, Have-a-snak, or The Donut, among other places, challenging because a lot of these students cannot get around.

Campus ministry has taken on a task to help alleviate the burden. Amy Fizer, a junior and math major who is involved with campus ministries and the “Ezekiel’s Wheels” project, said that different students in the past have suggested to campus ministries that there should be a way to help provide international and out-of-state students a way to get around campus and the town of Marshall a little easier.

Fizer added that she hopes that there is a big demand for the bikes and that the project generates a lot of interests from the students.

One of the first things that pop out about the project is, of course, the name of it.

“It’s Biblical,” said the Rev. Sebastian, assistant professor of religion and campus chaplain, who also happens to be the person behind the idea of “Ezekiel’s Wheels.”

Sebastian added that it gives people a reason to look up something in the Bible that they may have not thought of before. “It was just one of those God things,” said Sebastian.

Sebastian said that she has met a lot of international students who were used to riding bikes where they are from and so using bikes made a lot of sense.

One of these international students is Mayuka Abe, a transfer student from Japan.

Abe, who was initially a nursing student, had classes at Fitzgibbon Hospital and needed transportation herself.

Abe said that she didn’t know about campus ministries and that there would be a program to provide bikes for students and since she had classes at the hospital she needed to get around and so she purchased a bike herself.

Soon, Abe found herself in campus ministries.

“I stumbled into a meeting, because I thought it was a Bible study class,” Abe said while laughing. Now Abe is helping the project aimed at assisting students with situation similar to hers.

Not any and every student is eligible for a bike, however.

The project is need-based

Story continued on page 10
More about Ezekiel’s Wheels Project through campus ministries

and the bikes are to go to students do not have a car. Also, any student who is interested in a bike must e-mail the Rev. Sebastian and, in the e-mail, include in 50 words or less why you need a bike and how you would plan to use the bike if you received one.

“It’s a pay-it-forward type of program,” said Fizer. Fizer added that once a person with a bike has graduated, then they are to pass the bike along to someone else.

The goal is to never have the bikes returned.

The bicycles will come in from several sources including churches, the department of corrections and the dog catcher in town who is also in charge of taking care of impounded bicycles.

Sebastian said that the Presbyterian Church of Mid-America is also excited about supporting the project and is giving a grant for the project.

The Ezekiel’s Wheels project is also receiving some much-needed help from the theatre department. Jay Rozema, associate professor of Theatre Design and Technology, said that he was approached by the Rev. Sebastian and asked if he had any students who were learning how to weld, and then brought the idea of building bike racks around campus.

“I thought it was a great idea,” said Rozema. He thought this would give his students a great opportunity to put what they had learned about welding into action for a good cause.

The goal that Rozema set for his students is two to three bike racks around campus that will fit up to 12 bikes.

Once the bike racks are built, the maintenance department will make concrete pads for the racks so they are permanent.

Sebastian said that she wants Ezekiel’s Wheels to become something that everyone can recognize, by adding the logo designed by Amy Fizer to be added on all the bikes.

Steve and his newfound autonomy, thanks to the bike donated to him from the Ezekiel’s Wheels project, will be able to ride off happily into the sunset...to go get that McChicken sandwich.